

Arthritis

What to take for arthritis pain?



Take a walk.
A bike ride.
A swim.

Physical Activity.

The Arthritis Pain Reliever.

Call 401-739-3773

Got Asthma?



**One in 10
older adults
has asthma!**

Avoid triggers,
like mold, dust,
smoke, and
pollen.

**Call 1-800-LUNG-USA
1-800-586-4872**

Diabetes

**Take control of your diabetes
and protect your heart.**



Know your **ABC**
numbers

- **A1C**
- **B**lood pressure
- **C**holesterol

Talk to your doctor.

Call 401-222-7623

Immunizations

Get your flu shot every year!



Do you need a
pneumonia shot
too? Call for more
information or to
find a clinic near
you.

Call 1-800-555-7858

Oral Health

Got teeth? Get fluoride.

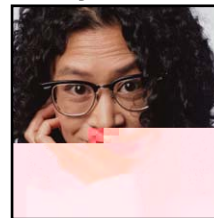


Remember,
fluoride fights
tooth decay.

Call 401-222-1171

Osteoporosis

Are you dense?



Dense bones
equal strong
bones. Ask your
doctor about
osteoporosis.

Call 401-444-6216

Tobacco Control

We can help you quit smoking!

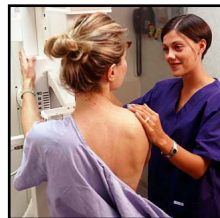


Free counseling
with patch or
gum.

**Call 1-800-Try-To-Stop
1-800-879-8678**

Women's Cancer Screening

If you're over 40 years of age,
you may be
able to get a
free pap smear,
pelvic exam,
and breast
exam.



Call 401-222-4324

Dear Rhode Islander:

There are simple steps that you can
take to feel good and be healthy.

Eat more fruits and vegetables.

Move 30 minutes or more each day.

Start by moving 10 minutes at a time,
three times a day.

Ask your doctor, or call the numbers
listed here for more information on how
you can stay healthy and feel good.

David R. Gifford, MD, MPH
Director
Rhode Island Department of Health

 www.HEALTH.ri.gov
Rhode Island Department of Health

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